



Wyoming Office of Multicultural Health

APRIL 2013

April is National Minority Health Month:

**Wyoming
Department
of Health**

**Public Health
Division**

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National Minority Health Month 2013

Advance Health Equity Now: Uniting Our Communities to Bring Healthcare Coverage to All

The time is *now* to advance health equity!

This April, the Office of Minority Health and partners across the nation celebrate **National Minority Health Month** by raising awareness about health disparities that continue to affect racial and ethnic minorities, and the health care law's groundbreaking policies to reduce these disparities and achieve health equity.

This year's theme, **Advance Health Equity Now: Uniting Our Communities to Bring Health Care Coverage to All** is a call to unite towards a common goal of improving the health of our communities and increasing access to quality, affordable healthcare for everyone.

Visit the Office of Minority Health website during April for National Minority Health Month materials, a calendar of local events, tools and resources, and other information.

<http://minorityhealth.hhs.gov/>



The time is *now* to advance health equity!

**Advance Health Equity Now:
Uniting Our Communities to Bring Health Care Coverage to All**

National Minority Health Month 2013





Image courtesy of Blausen Medical

U.S. Minorities Less Likely to Get Colon Cancer Screening: Study

Minority patients in the United States are less likely than whites to be screened for colorectal cancer, a new study finds. Research says reasons include high cost, lower health literacy, and lack of doctors.

Researchers analyzed national data from between 2000 and 2005 and found that 42 percent of whites were screened for colorectal cancer, compared with 36 percent of blacks, 31 percent of Asians and Native Americans and 28 percent of Hispanics.

Although it is widely believed that lack of access and money are the main barriers to getting screenings, this study found that other factors play a role in the lower screening rates for minority patients.

These factors include transportation issues, difficulty getting paid time off from work and low levels of health literacy, which is the ability to read, understand and use health information.

High levels of fatalism - the view that getting a disease is a matter of luck or fate - and low levels of health literacy among low-income Hispanics may play a strong role in whether they seek out colorectal cancer screening, according to the study, which was published in the December 2012 issue of the journal *Health Affairs*.

"Racial and ethnic minorities have unique challenges navigating the health care system, in some cases because they are immigrants and there are language issues, or they live in areas with high levels of uninsurance or few gastroenterologists," study author Jim Stimpson, director of the Center for Health Policy at the University of Nebraska Medical Center, said in a center news release.

Stimpson outlined some possible solutions, including:

- Identifying and providing incentives for doctors to perform colonoscopies in underserved areas, which could include paying doctors more.
- Providing patients with transportation to clinics.
- Training other health care providers to perform colonoscopies under the supervision of a gastroenterologist via telemedicine.

"Colorectal cancer screening saves lives," Stimpson said. "We need to increase the number of people who get this screening, and especially focus on solutions that reduce the disparity in screening for racial or ethnic minorities."



Jackson

Cultural Competency Training

*Wyoming Office Of Multicultural Health,
St. Johns Medical Center and the Latino Resource Center*



Latino Resource Center
Centro de Recursos para Latinos



St John's Medical Center

WHEN: Thursday, June 6, 2013

9:00am-4:00pm

WHERE: St. John's Medical Center

Moose/Wapiti classroom

625 E. Broadway

Jackson, WY 83001

Lunch will be provided

To register online visit: www.womh.org

April 2013 Events/Observances

Month

National Minority Health Month

Alcohol Awareness Month

Autism Awareness Month

March for Babies with March of Dimes

Child Abuse Prevention Month

Minority Health Month

Sexually Transmitted Infection Awareness Month

Foot Health Awareness Month

Week

Healthcare Patient Advocacy Week—April 8th-12th

Infant Immunization Week—April 21st-27th

Day

Health Day (World)—April 7th

Alcohol Screening Day—April 11th

Healthcare Decisions Day—April 16th

Voice Day (World)—April 16th

Hemophilia Day (World)—April 17th

Walk for Epilepsy (National)—April 20th



Fun fact:

On the vernal equinox (first day of Spring), day and night are equally split and the sun moves north past the celestial equator and rises and sets exactly due east and west, respectively.

First Day of Seasons: 2013
<http://www.almanac.com/content/first-day-seasons>

Webinar:

Webinar: Affordable Care Act and Provisions Regarding Disparities and Inequities

April 9, 2013 from 3:00 PM to 4:30 PM Eastern Time (ET), 1:00 PM to 2:30 PM Mountain Time (MT)

Sponsoring Organization: Technical Assistance Partnership for Child and Family Mental Health

For more information and registration:

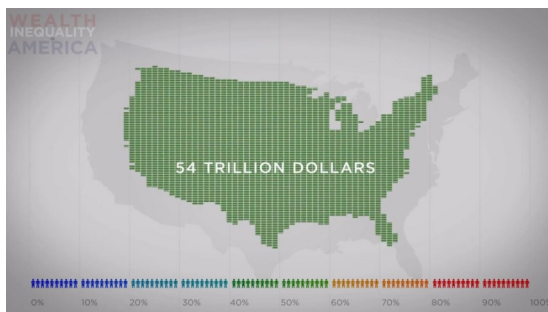
<http://www.tapartnership.org/events/webinars/default.php>

Get Educated on Health Literacy and Patient Safety

http://www.youtube.com/watch?v=cGtTZ_vxjyA&noredirect=1



Check out the Video: Wealth Inequalities in America



<http://mashable.com/2013/03/02/wealth-inequality/>

Cultural Competency Training

Wednesday, May 1, 2013

9:00am-4:00pm

Eastern Wyoming College
Community Training Center

3200 West C Street

Torrington, WY 82240

****Lunch will be provided****



From Just Surviving to **Thriving!**



Want a **Better 2013?**
Six FREE Workshops
Laramie County Library
5:30-6:30 pm*

April 18 - Resiliency Rocks!

There's no question; life today is definitely more challenging than it used to be. The result can be an increase in stress and bullying behavior, as well as increased alcohol and prescription drug use. Learn how to make healthier choices and take control of your life at home and in the workplace or school. Sunflower Room, 3rd Floor. Presented by Glenn T. Garcia, M.S.W., L.C.S.W.

May 16 - Letting the Sunshine In

Depression is a serious biological disease that affects millions of people each year. The encouraging news is that it can often be successfully treated. Learn ways to stop the dark cloud of depression and anxiety and let your sunshine in! Sunflower Room, 3rd Floor. Presented by Jonna Hiler-Dickie, M.A., L.P.C. and Jon Baillie, M.A., P.P.C.

June 26 - Celebrating Sadness

James Ednie, Musician and Founder of Rock for Life, will share his personal stories of loss and the challenges he's faced during his lifetime, including a near brush with suicide. He'll discuss self-induced and outside circumstances, and offer some tools to cope with tough situations. It is OK to be sad. James will give tips on how to not only deal with sadness, but how to celebrate it! Sunflower Room, 3rd Floor.

July 18 - Save a Life

Wyoming ranks first in the country for completed suicides. Join Stop Suicide Cheyenne as we present the Jason Foundation's suicide prevention program for parents. Learn the signs and symptoms, how to stop someone from taking their own life, and who to call for help. You CAN save a life. Sunflower Room, 3rd Floor.

Note: this workshop is scheduled for 5:30 to 7:30-8:00 p.m. to be able to complete training

Workshops are designed for adults (mature youth are welcome to attend at parents' discretion)



Sponsored by the Wyoming Department of Health

Bridges Into Health: Strategies to Reduce Inequities and Improve Health Outcomes

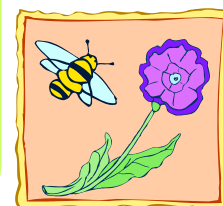
With *Bridges Out of Poverty* Co-Author, Terie Dreussi Smith

Cheyenne Depot, One Depot Plaza, Cheyenne, Wyoming

April 12, 2013, 9:00 am until 4:00 pm

Advance registration of \$40 includes lunch

Register in advance at Bridges Into Health Registration or www.circleswyoming.org



Casting for Recovery®
A Support & Educational Program
for Breast Cancer Survivors



A weekend retreat
Offered at no cost to the participants
For women of all ages and all stages
of breast cancer treatment and recovery
who live in Wyoming.

The weekend provides
counseling and medical information
and promotes physical and emotional healing
while learning to fly-fish.

Connect with Other Women – Enjoy the Outdoors –
Learn a New Sport



July 26-28, 2013
Absaroka Ranch, Dubois, WY

Apply on-line at www.castingforrecovery.org. CFR must receive your form **by May 17.**

If you do not have access to the internet, please send or fax the attached form to:

Casting for Recovery ~ PO Box 1123 ~ Manchester, VT 05254

Fax: 802-362-9182 Telephone: 888-553-3500

Email: info@castingforrecovery.org

Participants are selected at random.

We will notify all applicants of their status after the application deadline.

*I would like to apply for an opportunity to attend the Wyoming CFR retreat
to be held July 26-28, 2013 at the Absaroka Ranch in Dubois, Wyoming*

Today's Date: _____
Name: _____
Address: _____
City: _____ County: _____
State: _____ Zip: _____
Telephone: day _____ Cell _____
Email: _____
How did you hear about us? _____

Casting for Recovery is a 501(c)(3) non-profit organization

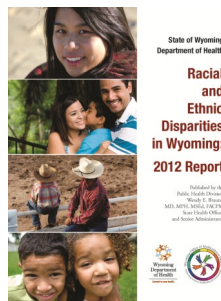


Racial and Ethnic Disparities in Wyoming: 2012 Report

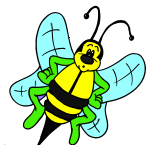
The Wyoming Office of Multicultural Health is proud to announce the release of the *Racial and Ethnic Disparities in Wyoming: 2012 Report*. The report is the first comprehensive examination of health disparities in Wyoming and includes more than 30 health and related social indicators. The report is intended to serve as a comprehensive resource for major health indicators by discussing important demographic and socioeconomic factors. The report provides guidance for strategic planning, policy development, systems change, and behavioral interventions aimed at eliminating health disparities in Wyoming. It also serves as a useful reference of health indicators for broad racial and ethnic population groups in Wyoming by providing supporting data for those health indicators and other significant factors that may be contributing to these identified health disparities. The report is designed to inform and guide each of us to support the elimination of health disparities and to improve connections with Wyoming's many diverse populations.

To download the *Racial and Ethnic Disparities in Wyoming: 2012 Report* please visit:

www.womh.org



Wyoming Office of Multicultural Health
welcomes
Le Nitra Oliver, PharmD.
as our new Newsletter designer/editor!





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Multicultural Health**

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WWW.WOMH

**We look forward to working with you to
eliminate health disparities in Wyoming.**

The mission of the Wyoming Office of Multicultural Health (WOMH) is to minimize health disparities among underserved populations in the state through networking, partnerships, education, collaboration, and advocacy; and to promote culturally competent programs aimed at improving health equity.



Wyoming
Department
of Health

Commit to your health.

Cent\$ible Nutrition Tips, 307.633.4383

 UNIVERSITY OF WYOMING
EXTENSION

Are you confused by all of the different terms used on food labels and packages?

Use this guide to help you crack the code on food labels so you can make the healthiest choices at the grocery store:

Term	Means.....
Free (calorie-free, fat-free, sodium-free, etc.)	An amount so small it will not have an effect on your body. Other terms may be “no”, “without”, “trivial source”, “non”.
Reduced	The food must have at least 25 percent less calories, fat, cholesterol, sugar, or sodium than a regular food it is being compared to.
High	The food must have 20% or more of the Daily Value for a nutrient. Other terms may be “excellent source of”, “rich in”.
Good Source	The food must have an amount that’s 10-19% above the Daily Value for a nutrient.
More	The food must have an amount that’s 10% or more above the Daily Value for a nutrient.
Light	The food has a third fewer calories or 50% less fat than the traditional version.
Healthy	The food is lower in fat and saturated fat, has 60 milligrams or less cholesterol per serving, and at least 10% of the Daily Value per serving of vitamin A, vitamin C, calcium, iron, protein, or fiber.
Lean	For meat, poultry or seafood: less than 10 grams total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams cholesterol per 3-ounce cooked serving.
Extra lean	For meat, poultry or seafood: less than 5 grams total fat, less than 2 grams saturated fat, and less than 95 milligrams cholesterol per 3-ounce cooked serving.